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SUNDAY, SEPTEMBER 12, 1915

A Morning Motto.

Luck, if it mean nothing more than an event of which the cause is not apparent, is a term that may be employed without error; but if it means, as it generally does, an event which has no cause at all, a mere chance, it is a bad word, a heathen term; drop it from your vocabulary; trust nothing to luck, nor expect anything from it; avoid all practical use or dependence upon this or its kindred words, fate, chance, fortune.—J. A. James.

Reed as a Lecturer.

Commenting on the Calhoun county institute, the current issue of the Grantsville News says:

"One of the best lectures that ever has been heard at this place was delivered last Thursday night by the Hon. Stuart F. Reed, secretary of state.

"Though secured to address the teachers, a general invitation had been extended to the public and while Mr. Reed had never before appeared here, he was well known as one of the most forceful public speakers of the state, and when the hour came for the opening of the address it was found that the court room would not contain more than half the crowd that had gathered. The meeting was moved to the Baptist church which was crowded to its utmost capacity and many were left on the outside. Mr. Reed's subject was 'The New Age'."

Fewer Farmers.

That is, in Illinois the number of real farmers are growing less every year, and it is probable that the same fact will appear elsewhere. In 1890 the farms operated by the owners numbered 158,848, and in 1910 the number was 145,767. The figures relating to tenants are, in 1890, 81,883, while in 1910 the number was 104,379. These statistics show that the real farmer is gradually disappearing. What this means from a national point of view, it is said:

In all countries and in all historic times the existence of a class of independent farmers living on their own lands has been counted a great source of national strength. The appearance of tenants has, in contrast, been a witness to the effects of economic forces hostile to democratic institutions.

In these days, when the uplift is claiming so much attention, it must be remembered that the uplift does not keep up while the number of actual farmers is going down, says the Ohio State Journal.

Honor Men.

Boys who win the honors at school need not think that they have the world in subjection, says the Memphis News-Scimitar. The bright schoolboy very often makes the dull man. The honor man in college, of course, is to be commended and admired, but he must not rest upon his oars or imagine that the struggle is over. It is said that Grant stood thirty-seventh in his class at West Point, but when the test came he made good, while those who outshone him in college were never heard from.

A continuity of effort will overcome all obstacles. Talented inconstancy may flash and flare and attract attention, but persevering mediocrity is more likely to reach the goal and win the guerdon. No matter what it is called, the educational institution is merely a school where young folks learn how to learn and prepare themselves for matriculation in the great university of the world, which they must enter and make such record as lies within their power, or which their industry and intelligence deserve.

Sound School Boys.

New York City school boys are remarkably free from heart troubles, according to figures made public by the health department. Out of 45,427 youngsters examined in the last year, preparatory to their taking part in athletic contests, only 391 were found to have any heart defect.

Of these 315 were in Manhattan, among 16,893 boys examined; only seventy-two were in Brooklyn, where 16,775 were tested; there was but one in Richmond, out of 898 who applied, and there were three out of 4,483 in the Bronx.

There was not a single bad heart in the 6,378 Queens boys examined. This is the best record in the history of athletics, the officials say.

Of the 45,427 boys, only six had lung trouble. Five of these were in Manhattan, the other one being in Staten Island.

There was but one whose feet were not up to the standard requirements for running or jumping. All of the defectives hailed from Manhattan.

Only three had bad nerves; two of these were from Brooklyn and one was from Manhattan.

The examinations of the children was made by the bureau of child hygiene of the health department jointly with the department of physical training of the board of education.

War Babies.

Since the beginning of the European war, accounts, mostly of a sensational nature, have appeared regarding the excess of illegitimacy in the communities in England or near which large bodies of enlisted men are encamped for war instruction purposes. The British Medical Journal says that many tales were told in most circumstantial detail which indicated that there would be thousands of illegitimate children born on account of lax conditions accompanying the mobilization of large bodies of men in military camps. For instance, it was reported that in one town of 18,000 inhabitants 2,000 girls were expecting war babies; another story was to the effect that in a certain maternity hospital

fifteen new wards were to be provided.

New stories appeared almost daily and the public was wrought up into a state of excitement and distress on account of this supposed condition of affairs. The confusion and excitement grew so that the archbishop of Canterbury with a few representative persons formed a committee to investigate the alleged facts. The committee, after inquiry, reported that the sensational accounts as to the large number of "war babies" were without foundation. "The committee did not deny that there had been grave cause for anxiety on account of the prevalence of a low moral standard as well as on account of intemperance, which was often the result of thoughtless treating, nor did it deny that there had been much giddiness and foolish excitability among young girls which often led to undesirable conduct. The committee stated that everything it had learned pointed to the need of providing opportunities for wholesome recreation for the girls and also for the soldiers and sailors, but expressed the opinion that there was no reason to pass any harsh judgments on them or to distrust them in the future."

Cholera Prevalence Abroad.

The United States Public Health Service has collected all available information regarding health conditions in foreign ports in other than needless restrictions shall not be imposed upon vessels, and that when necessary active measures may be taken. In a review of the world distribution of cholera, yellow fever, plague and typhus fever, just issued by the United States Public Health Service, it is pointed out that during the fiscal year ended June 30, 1915, cholera was present in Austria-Hungary, Ceylon, China, Egypt, Dutch East Indies, India, the Philippine islands, Russia, the Straits settlements, the Balkan territory, Germany and Indo-China.

The amount of cholera reported in Russia during the six months ended December 25, 1914, and the absence this year of reports from that country, save from Petrograd, during the six months following indicate that the disease has been more or less widely prevalent there. During the six months ended June 25, 1915, cholera was reported to be present in the prison camps in Germany in twenty-three localities, in Silesia, and in Brandenburg, Posen and Zirk, in Germany. In all probability these cases were traceable to the seat of war in the East. The new infection in the Balkan territory may have originated from the constant infection of Austria-Hungary, or from Turkey, where cholera was reported prevalent during 1914 and 1915. From the Balkan territory, cholera has been carried into Italy, the disease being reported recently in and near Venice and Leghorn.

As a result, quarantine officers have been warned to watch travel from the Greek, Italian and Holland ports with a view to the detection of active cases of cholera and of cholera carriers. With the cessation of hostilities in Europe there is every indication that the work and responsibilities of the quarantine system of the United States Public Health Service will be increased greatly.

Children's Eyes and Glasses.

The eye is the organ that gives us the sense of sight, and makes it possible for us to enjoy the beautiful. Without it, man is placed at a great disadvantage; and yet many men who would leave no stone unturned to save the eyes of a horse, will let their children go through childhood, or possibly through life, with diseased or deformed eyes and do little or nothing for them. They could barter the horse for more dollars if the eyes were perfect, but they cannot see far enough into the future, to realize that the child would have greater earning power when grown if his or her eyes were perfect, or as near perfect as possible.

Children should not be allowed to enter school before six years of age, nor should the child be allowed to look much at pictures, books or anything requiring close vision for long at a time, as fusion of the vision does not take place until about the age of 8. Children are apt to form the habit of holding their books close to the eyes while studying; this causes a strain of the muscles of the eyes both within and on the outside of the eyeball, which is another cause for near-sightedness and is a cause of cross eyes.

We often have astigmatism in children, and, in order to see, they must hold the book close, and squint the eyelids; another cause for cross eyes. We occasionally see a child that is exceedingly far-sighted, and who, to see properly, requires a lens even stronger than does the average person at 60 years of age.

Poor vision often accounts for the nervous condition, so often found in children, headaches and so-called growing pains. Errors in vision very frequently cause cross eyes and if a child begins to show symptoms of cross eyes, no matter how young, the eyes should be properly tested, and if necessary treated, as such conditions usually increase, and after they have reached the stage where one eye only is used, the other eye loses its vision to a greater or less degree.

If a child needs glasses, they should be worn, but cheap stores and peddlers should be avoided. Reputable specialists should be consulted, for there are many children and young persons wearing glasses today who do not need them, and many are wearing incorrect and injurious glasses.

WHAT OTHER EDITORS SAY

A Pity She Has To.

(Huntington Herald-Dispatch.)
"Can married women teach?" is a caption much used by West Virginia newspapers. Most assuredly they can, and in most cases as well as anybody else. But it is a pity that a married woman sometimes must teach.

Commendable Caution.

(Charleston Mail.)
In view of the uncertainties of the present season, the weather prophets are showing a commendable caution about telling us what winter is going to do to us.

Entitled to Prize.

(Wheeling Register.)
College professors are responsible for many queer theories, but the Indiana professor who says children should be encouraged to tell lies, to develop their inventive faculties, is entitled to the prize. On the same theory boys should be encouraged to steal in order to develop their sprinting abilities.

heads from medium to large size.
(McDowell Recorder.)
The editor of the Recorder wants the name and address of every newspaper in the state and also the names

of each of the editors and business managers. We want to keep a roster of each to have and use in connection with the work of the state publishers' association. Will exchanges please copy?

What Next.

(Bluefield Telegraph.)
We have movie for a slapstick comedy, movie for vocational instruction, movies as substitutes for travel, movies to portray history, movies to convey news, movies to interpret fiction, movies as genuine drama. What will be the next development?

Wheeling's Solvency.

(Wheeling Intelligencer.)
Through the reporter's hasty judgment of a very ordinary situation the city of Wheeling was adjudged to be in a bankrupt condition. This conception was strained through the circumstance of the holding up of the appropriation ordinance by the non-action of the city council. The situation is wholly understandable in the city, and has caused no anxiety whatever, but the unfortunate twist given by the local reporter is liable to create a very unpleasant and entirely erroneous impression of the financial condition in Wheeling abroad. The truth of the matter is the financial affairs of Wheeling were never in better condition than they are at the present time; the city was never more solvent than it is now.

Not a Good Day for Snakes.
(Independent-Herald, Hinton.)

LITTLE TALKS ON THRIFT

By S. W. STRAUS

President American Society for Thrift



Of one hundred and seventy-five million dollars, the United States government through Secretary of the Navy Daniels, recently appointed a Milwaukee man, Nelson C. Johnson, as the inventor's staff of the new United States Naval board, which includes the greatest inventive minds in the nation. Born in Denmark, Mr. Christensen's school days ended at 14 years. He worked in a machine shop after that and attended a technical school in the evenings. From his savings he completed a course in the Copenhagen Technical Institute at 21 years. Previous to that he had obtained national prominence as an inventor, having designed, when but 19 years old, the Danish lighthouse at Helsingør, one of the largest in the world.

During three years he spent as an engineer on an English steamer engaged in Mediterranean trade he had learned enough English to secure a position with an English manufacturing concern and twenty-four years ago he came to the United States. Since then he has invented many compressed air brakes, starters for railroads, aeroplanes and fire engines that have brought him international fame.

To attain success these men were studious and thrifty. They sought to learn everything about their work. They did not stop and they did not stop until they had learned enough to do their work. They provided habits made them ambitious to rise in the financial and social scale.

It was the great Gladstone who pointed out that thrift of time brought results beyond our fondest expectations, while wastefulness of time was attended by disastrous results equally as surprising.

Setting is Important.



NEW YORK, Sept. 11.—The Lobster Belt—that white light section between Thirty-fourth street and Columbus Circle on Broadway—has finally learned a most important secret. The mystery surrounding how Lobster à la Newburg got its name has been revealed.

There was a rich young broker in Wall street by the name of "Newburg" who was a regular patron of Delmonico's—dear old Del's. He knew the secret recipe of the dish and confided it to the chef. It became popular quickly.

As a compliment to the broker, Delmonico put the dish on the bill of fare and named it "Lobster à la Newburg." The broker was a shrinking violet; he cared not a fig for fame. He said the advertising was quite distasteful, really, and so the name was changed to Newburg. Thus are momentous new things learned each day.

There was no bathing at Long Beach yesterday. Frank McIntyre, the 300 pound comedian, was using sea-ocean.

Tango teas it would seem make home in New York a good place to stay away from. William Darius, of the Bronx, has started out to roam after being a home loving, fireside animal for so many years. Mrs. Darius became inoculated with the fox trot fever not long ago and she left dusting, cooking and making beds go hang.

William was for peace at any price and stuck around, decorating the lonely furniture at night and cooking his own meals. As tempus fugit along he became more wearied and three weeks ago he walked out of the house and never came back. It cured his wife and she wants him, but he has been sufficiently supplied with the fox trot stuff.

Joe Cawthorne has revised the old

J. F. Tincher informs this paper that Frank Meadows, while shrubbing on Miller brothers' mountain farm on Monday last, killed fifteen copperheads from medium to large size. They are stretched on the cooling board to be seen. The day was rather cloudy and not a real good day for snakes. Had it been bright and hot, Meadows is of the opinion he could have found twenty on the mountain.

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SANCTUM VAUDEVILLE

She—You like me, do you not, Mr. Bond?

He—Yes, especially the kind frequently cut by large corporations.—Boston Transcript

"Gadson is a man whose distinguishing trait is self approval."
"I understand now why everybody says he is easy to please."—Birmingham Age-Herald.

"But," said the young mosquito, "is not man much stronger than we?"
"He is," replied the fond parent, "but we may venture to attack him on account of our superior mobility."—Puck.

Lady—You quite understand, Nora.

adage. He says: "One touch of rumor makes the whole world kin."

The movie lure is playing hob with the cartoon game. Some of our most famous sketchers have decided that screen work is the easy existence. The latest to be captured is Arthur R. M. M. (Pop). Other cartoonists who are doing moving picture work are Hy Mayer, Bud Fisher, Windsor Mackay and Bert Levy.

There is some sentiment left on Broadway after all. A chorus girl, a blondy little Winter Garden pony-married a Harvard student, whose dady had nothing but money. She married him quietly without a press agent concealed about any place.

She kept on working right along until he was able to earn enough for two and then when his father tried to have the marriage annulled she is willing to give him up. Not according to Hoyle, of course, but those are the facts and that is not all.

Who ever heard of a father calling on a daughter-in-law all primed to denounce her for "wrecking his son's life" only to remark after looking her over that if he was twenty years younger he might have done the same thing? It is not the way the plays do it, but it was a bit realistic.

The figures in the little drama were Dorothy Gages and her husband, William Hermann, son of J. S. Hermann, a price contractor.

"If wrist watches become as popular as predicted, Chamberlain Brown wants to be the author of a law making it a felony to slap anybody on the wrist."

Twelve newspapermen on Park Row have been invited to bigger jobs during the last year outside of their profession. "Some stepping stones!"

I shall only be at "home" every Wednesday from 3 to 5.
Nora—Yes, mum. (To herself) Nora, you've got a heavenly situation. The mistress, only at home for two hours a week!—Albany Journal.

"My dear," he began mildly.

"Well," she snapped.
"I don't mind your borrowing my Panama hat. But when you return it, please remove the veil and the hat pins. I don't care to wear such equipment down town again."—Pittsburgh Post.

Grubbs—Have you decided where you will go on your vacation?
Stubbs—Not yet. I have read a lot of resort literature, but haven't been able to make up my mind whether I prefer being bored to death or thrown into bankruptcy.—Rochester Democrat Chronicle.

Teacher—What sops is this in which we live?
Johnny—Temperate.

Teacher—Correct. Now, what is meant by a temperate sops?
Johnny—It's a place where it is freezing cold in winter and red hot in summer.—Life.

"You haven't got anything on my husband," said the woman in the drug store.
"Oh, yes I have," replied the druggist. "He's wearing a porous plaster he hasn't paid me for yet."—Yonkers Statesman.

SCHOOL LUNCHEONS FOR CHILDREN IMPORTANT

Culinary Expert Tells Mothers How to Prepare the Mid-day Meals.

By MRS. ANNA B. SCOTT
Culinary Expert of the Philadelphia North American.

Now is the time that mothers are confronted with the perplexing problem of school lunches. Of course, it is more serious to the young mother who is sending her child to school for the first time, but there are many women with several "kiddies" attending school who have not yet learned to prepare nutritious and inexpensive lunches.

The sensible mother knows that her boy or girl cannot do well in studies unless the body and brain are well nourished. A picky is not helpful to study. Careful mothers everywhere are giving more thought and time to the selection of food for the little ones and this is true in the city and suburbs and country.

School lunches have been provided in many places simply because parents gave little thought to the feeding of the children. It does not take any more time to provide a child with a meal that is indigestible, and usually the cost for a nutritious lunch is less than the other.

Setting is Important.

More important than most mothers imagine is the serving of the lunch. A sandwich can be made appealing in appearance, or it can be made repulsive to the little one, and if mothers only knew how pleased a child is with a dainty, carefully packed lunch basket they would pay more attention to this little detail.

It is the same with the home lunch. A child will run in from school, exclaiming, "Oh, mother, I am so hungry," and the mother will hand the little one some hasty rough food in the kitchen and forget it. This same woman will set the table for a caller and go to lots of trouble. It is wrong; the child is more important than the stranger.

Children who are going to school require more food and better food than during vacation. Their minds are at work as well as the bodies and they are developing rapidly. The feeding of school children has been a very serious thing with me, and I would like to show every mother that one of the important things of her life is to provide the proper nourishment for them.

Children like variety, but above all they must have substantial lunches that will keep them from eating candies and cakes.

With the following luncheon ready they soon will be satisfied and ready to go back to school and study.

A cup of cream soup, either made from the left over vegetables of the day before or made from left over cereal from breakfast. A nice baked potato, sweet or white, baked tomato, stuffed with bread and flavored with a little cheese or meat.

Try to Have Greens.

Always try to have a little fresh greens, such as lettuce, celery, raw onions or onion and sliced tomato (while they last). There are plenty of peaches just now. Have them while they last. Apples, pears, grapes and plums and other fruit will be available when peaches are gone. Be sure you give children fruit three times a day and only at meal time. So often the mistake is made by giving fruit just before a meal. It is much better to give it for dessert or after the meal. Be sure to have whole wheat bread at least one day old, and, if possible, give with one meal and cocoa with the other.

While potatoes are cheap and country to have baked potatoes, warmed over vegetables from last evening's dinner, or if a little meat is left over, put it through meat chopper, season and flavor with the gravy and serve on a piece of toast or stale bread. The meat is not necessary. Remember that left over boiled whole wheat cereals make a very nice soon dessert if served with stewed fruits. Use stewed fruits at least once a day.

What to Put in Box.

Peanut butter, jelly, jam, egg paste, cheese paste, raisin paste, either of the above makes good sandwiches. Some fruit. Whatever kind one has on hand. Be sure it has been washed and dried. Two cookies in cut cake, only sponge or angel cake, no rich cake, no fresh bread, biscuit or waffle. Be sure to have the sandwiches wrapped in wax paper and two paper napkins, one to lay out the lunch on the other for use if the luncheon is carried. Be sure to have soap and a well mixed vegetable meal with milk, cocoa or caramel coffee for the evening meal.

Always bear in mind if nothing else is to be had, bread and milk, whole wheat bread or well cooked cereals with milk or stewed fruits are the thing for the very young.

"You cannot give the twelve year old boy bread and milk every day. You will need something more substantial. If the mothers are interested in any of the past recipes they will be cheerfully given by writing to me, in care of the Philadelphia North American."

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